

Main

Chicken with Creamy Mustard Sauce



Ready in **30 minutes**

Serves **4-6**

Ingredients

- 4 chicken breasts
- Garlic salt, Tony Chachere's Creole Seasoning
- 2 Tbsp bacon grease or vegetable oil
- Creamy Mustard Roux (recipe below)
- ½ cup milk
- Parsley and capers for garnish

Preparation

1. Pat chicken dry, sprinkle each side with a little garlic salt and Tony Chacherie's Creole Seasoning and set aside.
2. In medium pan, heat bacon fat or vegetable oil on high.
3. Sear chicken to create a caramelized crust, about 3 minutes.
4. Flip all pieces of chicken, turn the stove down to low and cover. Let cook for about 5 minutes.
5. Cut a piece of chicken to see if it is cooked. Seeing a little pink is good, as will continue to cook for a few more minutes.
6. Mix half of the roux you made with milk. Mix well. Save the other half of the roux for another meal.
7. Pour roux over chicken and simmer for another 2-3 minutes.

8. Plate and garnish with cilantro and capers. I served mine with Mai's Fried Rice and a nice salad with Homemade Croutons. You can find these recipes on my website and YouTube

way in life - not overdoing it, or worrying, you get a far better result!

Creamy Mustard Roux

In a small pan, mix 4 Tbsp of butter with 4 Tbsp of flour. While continuing to mix the roux, add 1 tsp of fresh lemon juice, 3 cloves of minced garlic, and 1 cup of half. Mix well until it thickens. Watch the quick video on YouTube

<https://youtu.be/ZutV7pv8-R8>

Tips

You can use the other half of roux to make a very delicious Quiche with Creamy Mushrooms. The recipe is on my website and YouTube.

Using chicken of the same size and thickness really helps ensure they all cook evenly.

Spiritual Message from this recipe

I was never a fan of chicken breast until I made up this recipe. I understand now, literally from the juicy, tender results of this recipe, that my dislike of chicken breast came from my mom overcooking it for fear of getting sick from being undercooked. So it was always dry and hard. Here is the message: If things are prepared the right way, and without fear, it brings out the best in the ingredients. If things are prepared the right